

CLASS DESCRIPTIONS

Pump

This total body workout will exhaust all of your major muscle groups using light to moderate weights with lots of repetition.

Intervals

A combination class full of cardio and weights that alternate between moderate to intense bursts of activity and periods of rest.

Body Shred

A total body cardio and strength training class. This is achieved by incorporating a variety of cardio and strength protocols, which create a metabolic effect. Uses body weight, dumbbells, weight plates, and resistance tubing to get results.

Fit in Faith

The format may vary, but this class uses heart-pumping Christian workout music that will leave not only your muscles satisfied, but your soul, as well.

Body Blast

A program to develop to strengthen and shape your muscles, using a barbell system which incorporates specific repetition times with popular, upbeat music. Expect moderate to intense workouts.

Zumba

Mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome.

Cardio Sculpt

A program developed to strengthen and shape your muscles by incorporating a variety of cardio and strength protocols. Use body weight, dumbbells, weight plates, and resistance tubing.

Strong

A high intensity class that uses all body-weight resistance, muscle conditioning and plyometric training moves all synced to music.

Cycling

A low-impact and heart pounding workout with no complicated moves to learn, a motivational group setting, enthusiastic instructors and invigorating music. You will find yourself having a blast while you ride your way to a leaner, stronger body.

Instructor's Choice

You never know what you're going to get!! Show up to class and see what your Instructor has in store. No matter what - you'll be sure to leave feeling accomplished and one more step closer to crushing your goals.

AMPD - Kettlebell

Takes heart-pumping music and kettlebell moves, and combines them into 60 minutes of calorie-torching fun! The program uses lightweight kettlebells, in both traditional and non-traditional ways, to create fun, effective full body workout.

WE WELCOME ANYONE, REGARDLESS OF EXPERIENCE, GENDER, AGE, ETC., TO PARTICIPATE IN ANY CLASS!

ALL WORKOUTS CAN BE MODIFIED FOR A WIDE RANGE OF FITNESS LEVELS AND ABILITIES.

ALL EQUIPMENT IS PROVIDED!

